



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09055, Blueberries, frozen, sweetened

Report Date: June 29, 2017 23:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.40	3	0.322	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Energy	kJ	355	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Protein	g	0.40	3	0.055	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.13	3	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.12	3	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	21.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Sugars, total	g	19.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Minerals													
Calcium, Ca	mg	6	3	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.39	3	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	2	3	0.961	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	7	3	0.736	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	60	3	9.368	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.437	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.06	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.039	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.262	3	0.107	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Vitamins													
Vitamin C, total ascorbic acid	mg	1.0	3	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.020	3	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.052	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.253	3	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Vitamin B-6	mg	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Folate, total	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	5.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Vitamin A, IU	IU	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Lutein + zeaxanthin	µg	73	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E (alpha-tocopherol)	mg	0.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	17.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lipids													
Fatty acids, total saturated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Histidine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002